



Information To Improve Your Selection and Use Of Foods In Your Home

Type 2 Diabetes in Kids and Teens

Volume IX



Until recently, type 2 diabetes was referred to as "adult onset" diabetes. This disease was thought to impact only adults. But over the past ten years, we have seen both the appearance and increase of type 2 diabetes in youth. This increase is so dramatic that some are calling it an epidemic.

Michigan State University Extension Family and Consumer Sciences reports there are several factors that increase the risk of developing type 2 diabetes. These factors include being physically inactive, having a family history of diabetes and belonging to certain racial and ethnic groups (American Indian, African American, Hispanic/Latino, Asian American and Pacific Islanders). One very important and preventable factor that increases risk for developing the disease is being overweight.

Children are at higher risk for developing type 2 diabetes if they are overweight. This is of concern because of the growing number of children who are now considered overweight. The 2001 Youth Behavior Risk Survey indicated that 11 percent of Michigan youth aged 10 to 24 years were overweight, and 14 percent were identified as at-risk for overweight. As more youth become overweight, there is an increased likelihood that more cases of type 2 diabetes surface. After several years, diabetes can lead to numerous health problems. Among these are heart disease, stroke, blindness, kidney disease and nerve problems. Good nutrition and physical activity are keys to managing and preventing type 2 diabetes.

Children who are at risk can avoid the disease by eating healthy, increasing physical activity to 60 minutes a day and maintaining a healthy weight. Healthy eating means consuming five to nine servings of fruits and vegetables daily, eating whole grains and consuming at least two to three servings of dairy foods, like low fat cheese, low fat milk and yogurt.

Organizations to Contact for More Information about Diabetes... American Diabetes Association: www.diabetes.org or 1-800-342-2383; Centers for Disease Control and Prevention; and National Institutes of Health National Diabetes Education Program: www.ndep.nih.gov.

Source: MSU Extension - www.fcs.msue.msu.edu/diabetes-health

WORD WISE

Maintaining a healthy weight

Healthy children come in all shapes and sizes. They grow in spurts and may seem too heavy for their height at one time or just right or even too slender at another time. A child who is overweight or underweight needs support. Share some of these thoughts with your child:

- J Healthy eating and physical activity are important in getting the body that's right for you.
- J People come in all shapes and sizes and that's okay.
- J Always check with your doctor about concerns you may have regarding healthy weight.

Source: MDCH and Michigan Dept of Ed.

Fit Kids on the Move

How much activity is healthy?

Children and adolescents need enjoyable physical activities that total at least 60 minutes per day. The activity can be moderate, but should make the heart beat faster and the breathing heavier than normal. Greater health benefits can be achieved by participating in activities that are more

strenuous for 20 minutes or more at least three times per week.

Source: www.mihealthtools.org/schools

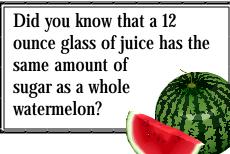
Use of Juices

Recently, the American Academy of Pediatrics released a new policy on the use of juice for healthy infants and young children. Here are some of their suggestions:

- ? Children should receive 100 percent pasteurized fruit *juice*, NOT fruit *drinks*.
- ? Infants under six months of age should not be given juice, unless recommended in small amount by the child's doctor.
- ? Younger children ages one to six should have only four to six ounces of juice a day.
- ? Older children should be limited to eight to 12 ounces of juice per day.
- ? Instead of juice, children should be encouraged to eat whole fruits.
- ? Avoid fruit *drinks* or fruit *sodas*, since they may have very little fruit in them.

Juice is filling and can decrease your child's appetite for more nutritious foods. Many calories, mostly from sugar (not from fat or protein), can contribute to a poorly balanced diet. This can cause weight problems. Remember, the recommended servings of fruit juice are actually limits. Your child does not need to drink any fruit juice, especially if he or she is eating the 2 to 3 servings of fruit by eating whole fruit.







In general, your child does not likely have a juice problem if he or she:

- ? Eats a balanced diet.
- ? Eats fresh fruits and vegetables.
- ? Drinks 16 to 24 ounces a day of milk/and or eating dairy foods.

If your child drinks juice, be sure to watch for cavities or a developing weight problem.

Source: American Academy of Pediatrics, Macomb County Healthy Department

**Check Your Label **

Finding sugar on food labels

- Sugar can be found on the food label under total carbohydrate.
- Y You can find different types of sugar under the ingredient list. Here's a list of common sugars: Sucrose, Fructose, Glucose, High Fructose Corn Syrup, Lactose and Maltose.
- Other refined sugars such as powdered sugar, dextrose, maple syrup turbinado sugar and mannitol sugar can be found on the ingredient list.

Serving Size 3/4 Cup Servings Per Package		1g/1,1 oz. About 18
Amount Far Serving	Cenai	Coreal with 17 Cap Whereins #80 Fat Free Mile
Calories Calories from Fat	120	160
	%.0	ally Value*
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	9%
Potassium 20mg	1%	6%
Total Carbohydrate 28;	9%	11%
Dietary Elser to	3%	3%
Sugars 12g		
Other Carbohydrate	16g	
Protein 1g		

Nutrition Facts

Source: WIC

Cornbread Casserole

Ingredients:

1 pound ground beef 1 can whole kernel corn, drained

1 (16 oz) can cut green beans, drained

1 small green pepper, chopped 1/2 cup milk (for cornbread mix)

1 (8 oz) can tomato sauce 1/2 tables poon sugar 1 box Jiffy cornbread mix 1 egg (for cornbread) 1 (15 oz.) can tomatoes

Directions: Set oven temperature at 350° F. Brown ground beef, drain and discard fat. Put ground beef in casserole dish with all ingredients except cornbread mix, egg and milk. Prepare cornbread mix according to package directions and pour prepared cornbread mix on top of other ingredients. Place in pre-heated oven and cook 30 to 40 minutes.

Makes 7 servings. Serving size 1 cup, preparation time 20 minutes, baking time 30-40 minutes. 339 calories, 9 grams fat, 3 grams fiber.

Source: ERIB-MSU

Foodborne Illness:

How to Keep from Getting Sick

"It must have been something I ate," is often the explanation for what many people call the "stomach flu." Scientists however, have a different name for this problem. They call it foodborne illness and estimate that each year, between 6.5 million and 33 million people suffer from its consequences.

Most cases of food-borne illness can be prevented through some simple food handling and storage steps. All it takes is a little know-how and everyday weapons such as soap and water, a refrigerator and a good thermometer to check the temperature.



What is a foodborne illness?

Foodborne illness is the sickness that results from eating foods that are contaminated with harmful bacteria and other microorganisms. Although you may not see, smell or taste these "bugs," under the right conditions, they may be present on the foods.

Common symptoms of foodborne illness include diarrhea, abdominal cramps, fever, headache and vomiting. These symptoms may come on a early as a half hour after eating contaminated food or may not develop for up to two weeks. They usually last only a day or two, but in some cases can persist a week or more. For most healthy people, foodborne illnesses are neither long-lasting nor life-threatening. However, the consequences can be severe and may require hospitalization and even lead to death in the very young, old and those with weakened immune systems.

How to keep foods safe...

Because bacteria can survive on raw foods despite aggressive controls at the processing and retail levels, food safety experts urge consumers to think about food safety at each step in the food handling process. Special care should be taken while shopping, bringing takeout-foods home and storing leftovers. This means consumers should always follow these four simple steps:



- © Clean Wash hands, utensils and surfaces with hot soapy water before and after food preparation. This is especially important after preparing meats, poultry, eggs or seafood to protect adequately against bacteria.
- Separate Keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat foods. Never place cooked food on an unwashed plate that previously held raw meat, poultry, eggs or seafood.
- Cook Cook food to the proper internal temperatures and check for doneness with a food thermometer. Cook eggs until both the yolk and white are firm.
- Chill Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at no higher than 40°F and that the freezer unit is set at 0°F.

Source: Michigan Food Safety Task Force & USDA

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- Calendar of upcoming programs
- Program descriptions
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